

Tewksbury Senior Center

Senior Moments

175 Chandler Street • Tewksbury, MA 01876

P: 978-640-4480

F: 978-640-4483

FEBRUARY 2018

Volume 10 Issue 2

There are contests
for our readers.
More info can be
found on page 8!

Senior Center Hours:

Monday – Friday

8:00AM until 4:00PM

We will also be open for all *scheduled* activities
outside regular hours.

Soup/Salad Bar
Reminder
Soup price
increase of
.50 cents

SOME IMPORTANT REMINDERS

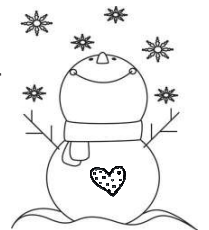
INSIDE THIS ISSUE:

- Pg. 2... Trips & Events
DJ Jon Dance
Silvertones Dance
- Pg. 3... Meet the Staff
Tewksbury Outdoor
Resources
Fuel Assistance
- Pg. 4... Weekly Activities Schedule
SHINE a Little Light
- Pg. 5... Exercise and Heart Health
Hearing Clinic
GAC News
Transportation Services
- Pg. 6... Lunch Menu
- Pg. 7... Schedule of Monthly
Events
- Pg. 8... Word Search
Sudoku
Prizes for our Readers
- Pg. 9... Red Hat News
Friends News
Soup/Salad Bar
- Pg. 10-11... Our Sponsors
- Pg. 12... Subscription Form
Important Contacts

Please note that the Senior Center will be closed on Monday, February 19th, President's Day. ***There will be NO Soup/Salad Bar on February 20th or 21st due to the Monday holiday.***

Tax Preparation: Tax preparation appointments will begin on February 8 and continue until April 5. Appointments will be made on a first-come, first served basis. Those who have already put their name on the list will be called first for appointments. If you haven't already put your name on the list and would like to get on the schedule for an appointment to have your taxes done, please call or come into the senior center. Appointments will be made in two parts; intake appointment with Nicole Hutcheon and then a second appointment with the tax preparer. Both appointments will be made at the same time.

Inclement Weather Closings and Delays: If Tewksbury Public Schools are closed then the Senior Center is closed to the public. If Tewksbury announces a 90 minute delay then the Senior Center will not be open to the public until 9:30am. If we have a delayed opening, please do NOT come to the senior center before 9:30am because the plows need the parking lot empty for snow removal. Keep in mind... even if the center is open never take a risk and go out in poor weather conditions.



JUST A FRIENDLY REMINDER... Use your scan cards to sign in for ALL activities including lunch or even just coffee and chatting. Record of your attendance helps us with grants and funding! If you do not have a key tag you can speak to anyone at the reception desk. Sign-up, sign-in, it's free!

COA Director's Mission: To enhance the lives of our Senior Citizens by identifying their needs and developing programs, activities, community involvement and resources to provide them with an independent and enriched quality of life.

TRIP AND EVENTS, Submitted by Diane Dunlevy, Activities Coordinator

HOW DO I SIGN-UP? Trips, Events, and Interest List sign-ups are all the Senior Center's Reception Desk. You may also call to have your name and number put on an interest list. For trips or events with an associated cost you need to come in to the senior center. For more details, contact Diane, 978-640-4480.

The Traveling Chef is coming back! On Thursday, February 22nd at 11:30am we will be hosting a special luncheon. The Traveling Chef, of Lindley Food Service, will be here and have prepared a Valentine's Special menu. Menu includes Yankee pot roast with jardinière gravy, au gratin potatoes, sautéed green beans with lemon and garlic and dinner rolls. For dessert we will have raspberry filled cookies and chocolate candy kisses! As a special treat, singer/entertainer Tommy Rull will be performing "A Musical Journey Through the Years" during the luncheon! DOORS OPEN AT 11:00am

Entertainment for this event:
"This program is supported in part by a grant from the Tewksbury Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency."



MONTHLY DANCES

AFTERNOON DANCES - We are fortunate to have **DJ Jon Mansfield** here for daytime dances. Dances are for singles and couples. The next dance will be held on Monday, February 26th at 11:30am

Please note: Sign-up by Wednesday of the week before and lunch will be included in the \$5 ticket cost. Tickets are also available at the door.



Thank you to Life Care Center of Merrimack Valley for providing a delicious lunch for this event this month!

SILVERTONES — FEBRUARY DANCE

Singles & couples dance featuring big band music and line dances. **Friday, February 16th, 7-10 pm**, Tickets are \$10/person with coffee & cake served during the break. Tickets can be purchased at the door. Mark your calendar... Silvertones Dances are the third Friday of each month!



INTEREST LIST Final details and sign ups for the Wax Museum and Afternoon Tea will be announced soon. If you are interested in either day trip, call or come in to sign up on the Interest List at the Senior Center Reception Desk.

Dreamland Wax Museum, Boston, MA

Thur., March 29th, 9:30am departure, Cost \$ TBD

Trip will include coach bus transportation, museum pass, lunch. The museum consists of two floors with over 100 stunning wax figures. You can "rub elbows" with celebrities, local Boston icons and historical heroes. Visit the Hall of Presidents or sit at the desk in the Oval Office replica! This is a fun and interactive adventure. Moderate walking is required. Picture taking and/or selfies encouraged! Watch for more details.

AFTERNOON TEA, Friday, May 11 (date pending)

Tea Time 2:30pm

Wenham Tea House, Wenham, MA

Trip includes: Coach bus transportation and Afternoon Tea

This elegant experience will be meticulously crafted. All services are presented on a three-tiered stand with scone, preserves and homemade clotted cream, traditional tea sandwiches, assorted miniature desserts, and tea served in a glass tea pot. We hope you will join us at America's oldest Tea House.



New Year's Eve Dinner/Dance The Friends of the Elderly held their annual New Years Eve Dinner Dance at the Senior Center. A good time was had by all! Thank you to Linda Brabant for planning this wonderful event each year. Thank you also to all the volunteers who helped with this special event.

Council on Aging



Ashley Springman, MS, LSW
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Diane Dunlevy
Activities Coordinator
Ddunlevy@tewksbury-ma.gov

Gail Deackoff
Van Driver

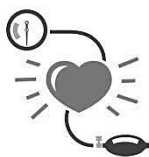
Nancy McCarthy
Van Driver
Nutrition Assistant

Ralph Natola
Van Driver

Council on Aging Board Members:

Virginia Desmond, NP, BC - Chair
Patty Sasso- Vice Chair
Joel Deputat, Treasurer
Kathy Walsh, MA - Clerk
Joanne Aldrich, Ed. D, GNP-BC
Linda Layne, Notary
Bob MacInnis
Lynn Murphy, JP, Notary
Karin Theodoros, Esq.
Joan Unger, GRI

We wish to extend
our thanks to Circle
Home Health Care
for providing us with
free blood pressure
checks on Mondays.



Thank you for provid-
ing our seniors with
this valuable service.

Tewksbury's Beautiful Outdoor Resources,

Submitted by Kyle Boyd, Town Planner



Tewksbury has been doing a lot of work to create many wonderful outdoor open spaces for the residents to take advantage of. Some of the improvements include:

- A Shawsheen River park was created by volunteers at 2000 Whipple Road called 'The Launch'. The river meanders itself around the park in a manner that provides a very tranquil atmosphere offering kayaking, fishing and bird watching.
- 3 boardwalks were installed by volunteers at the Chandler Well Fields which collectively have created a very scenic & wildlife rich hiking experience overlooking the Heath Brook.
- A 'Memorandum of Understanding' was reached between the State Hospital, the Town of Tewksbury and the Bay Circuit Trail allowing for specific trails on State Hospital land to be defined and marked via kiosks and trail markers. As a result of this, two kiosks were installed by volunteers marking trail head locations at 1) the intersection of East & Maple 2) across from the model airplane flying fields on Pinnacle St.
- A boardwalk was installed by volunteers off of Bligh St. This boardwalk provides an entrance for the Town of Tewksbury into Andover's very nice trail system as well as a future entrance for Andover into Tewksbury's soon to be very nice trail system
- A new trail loop was created at Rogers Park by volunteers.
- The trails at Foster Park received a long overdue revival & enhancement as a river walk along the Shawsheen was established by volunteers.
- An approximately 6 mile trail route along the Bay Circuit Trail in Tewksbury was nearly completed by volunteers. Once completed, residents will be able to connect and utilize the 230 mile Bay Circuit Trail network that goes from Plum Island to Kingston Bay!

For more information on Open Space in Tewksbury please contact Kyle Boyd at 978-640-4370.

Fuel Assistance 2017-2018

If you need assistance filling out your form please contact Nicole Hutcheon at 978-640-4480 to make an appointment.

NEW Applicants coming in it will be necessary for you to bring the following information/ documents:

Identification: Driver license or legal photo ID. If unavailable you must provide birth certificate and social security card.

Home Owners: Copy of mortgage if you still are making payments, current tax bill, and a copy of homeowner's insurance.

Renters: Copy of lease and proof of rent payments.

Proof of income: Current social security award letter, pension statement (if applicable), and statement from all other sources of income.

Utilities: Electric bill, gas and/or oil bill and telephone bill.


PREVIOUS Applicants need to bring the following information/documents:

Proof of income: Current social security award letter, pension statement (if applicable), and statement from all other sources of income.

Utilities: Electric bill, gas and/or oil bill and telephone bill.

FAMILY SIZE	MAX ANNUAL GROSS INCOME
1	\$34,380
2	\$44,958
3	\$55,537
4	\$66,115
5	\$76,693
6	\$87,272

WEEKLY SCHEDULE*(Special Events & Schedule Changes See Page 7)*

MONDAY	
AM 9:00 Forever Fit 9:30 Men's Yoga 9:30-11:30– Blood Pressure Clinic provided by Circle Home Health (Except 4th Monday, 11am-1pm) 10:15 Therapeutic Yoga	PM 11:30-1:30pm Knitting Crocheting Group 12:30 45's 12:40 Bone Builders #2 2:00 Bone Builders #1 3:30 Gentle Yoga
TUESDAY	
AM 8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg. 9:30 Wood Carving 9:45 Movin' & Grovin' Exercise 11:00- 4 Piecemakers for Charity 11:30-12:30 Salad Bar	PM 12:30 ZINGO 1:00 Independent Painting 5:00 Muscle & Meditation Workout and Yoga 6-9 Open Sew Night (1st & 3rd wks/month)
WEDNESDAY	
AM 8:15 Bone Builders #3 9:00 Arts & Crafts 9:00 Quilting 9:30 In-house Pool Tournament 9:30 Men's Mind & Muscle 10-11 Town Nurse Office Hours 10:30 Country Line Dance Class 11:30-12:30 Salad Bar	PM 12:30 Cribbage 12:30 Mah Jong 12:40 Bone Builders #2 2:00 Gentle Chair Yoga
THURSDAY	
AM 8:45 Tap Dancing 9:00 Diet Workshop 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works 	PM 12:30 Experienced Yoga 12:30 Whist 1:00 Bunka Embroidery 2:00 Bone Builders #1 3:30 Chair Yoga 5:00 Muscle & Meditation Workout and Yoga
FRIDAY	
AM 8:30 Walking Club 9:30 Bone Builders #3 11-11:30am Meditation	PM 12:30 International Mah Jong

SHINE a Little Light, Submitted by Patty Sasso**Questions about Nursing Homes?**

Are you aware of the Long-Term Care (LTC) Ombudsman Program? A LTC Ombudsman acts as the advocate for residents living in nursing homes, rest homes or assisted living facilities. A LTC Ombudsman can help you and your family:

- Navigate the complicated process of finding assisted living, nursing home, or other qualified care based on your needs.
- Provide conflict and problem resolution. Complaints can be made by residents, families or the long-term care facilities themselves.
- Educate families, consumers, as well as assisted living and long -term care providers about what their rights are, as well as what acceptable care practices and procedures are.
- Advocate for residents' rights.

Massachusetts has a strong LTC Ombudsman Program. Tewksbury is handled by Elder Services of the Merrimack Valley located in Lawrence. Chaz Rudich, MHA/GER is the Director, with Nändi Munson, LSW as Assistant Director and Community Outreach Coordinator. You may have already met Nändi, as she is frequently here the last Tuesday of the month for the Brown Bag Distribution.

You can reach Chaz and Nändi by calling 978-651-3063, 1-800-892-0890, or by email: omb@esmv.org.

For Questions or concerns regarding Assisted Living Facilities please contact the Assisted Living Ombudsman at 617-222-7492.

**DO YOU HAVE QUESTIONS ABOUT
MEDICARE OPTIONS OR BENEFITS?**

Your SHINE Counselor can help! SHINE Counselors provide free, accurate, unbiased information regarding health insurance and health care options to people with Medicare. Retiring soon? Recently moved to the area? Don't understand how to read your Medicare Summary Notice? Drug Costs increasing? Questions about the new Medicare Card? Call 978-640-4480 and make a SHINE appointment.



A special thank you to the
Executive Office of Elder Affairs
for supporting our newsletter!

Exercise and Heart Health



Staying physically fit has potentially endless benefits. In addition to helping prevent heart disease, exercise is known to reduce stress and improve sleep, energy level, mood and even brain functioning.

The Senior Center offers more than a dozen different exercises classes. There are morning classes, afternoon classes and two evening classes. There is something for everyone and all classes are geared toward seniors! See page 4 for schedule of classes.

Payments for daytime classes are made on a monthly basis. Payments are collected the first class each month. Cash or check is accepted. All checks should be made out to the Town of Tewksbury. Price averages \$3/class. Bone Builders classes are paid for through a grant but there is a waitlist for this class. Evening classes are paid per class. The cost is \$3/class.

GREAT NEWS! You can try each exercise class once for free! Try as many as you like and see which one is best for you.

Have You Heard?

HEARING CLINIC: Audiological Services provided by Rogers Hearing Solutions is FREE of charge and available the 4th Wednesday of every month. These FREE services consist of hearing screenings, repairs for things that can be fixed on the spot or in their office (not anything that needs to be sent back to the manufacturer), clean and check hearing aids, and provide programming if software is available for that particular manufacturer. Call to make an appointment 978-640-4480.



Golden Age Club News, Submitted by Nancy Zabawa

Next LCR will be held on February 23. Don't forget to sign-up! Our fourth Veteran's box was sent right before the holidays and a new box for 2018 is almost full already! We try to send 4 a year. I want to thank those of you who contribute regularly. (You know who you are!) It would be nice to have some more faces. The Veteran's needs are listed on the GAC Bulletin Board. Any ideas for fundraisers would be greatly appreciated. We give away a lot and need to replenish our coffers. Anyone interested in scholarships can pick up an application anytime. Have a great winter and stay healthy and don't fall!

COA (SENIOR CENTER) TRANSPORTATION SERVICES

The Tewksbury Council on Aging provides transportation to all locations within Tewksbury and to medical appointments in surrounding towns. Currently, our service area is within a 7.5 mile radius of the Senior Center. We hope to increase our area of coverage as our transportation program grows. We are currently operating two vans Monday-Friday and have two part-time drivers on staff. We will do our best to accommodate all requests and please note that Medical Appointments take priority.

- **In-Town** Errands and Medical Appointments- \$1 each way
- Friday morning **trip to Market Basket** at Oakdale Plaza- \$2 round trip (occurs weekly)
- **Out-of-Town Medical Appointments Only** - \$2 each way
- **Long-Distance Medical Appointments**, such as Boston and Burlington, with the help of our friends at the Dracut COA. We will transport you to and from the Dracut Senior Center, where you will transfer to their long-distance medical bus. Cost varies based on destination. Appointments should be made between 11am-1pm.

Sign up by calling the Senior Center at 978-640-4480, ext. 292 (transportation extension). Leave a message and someone will get back to you as soon as possible. Make sure to include the following information in your message:


- Name
- Address
- Phone number
- **Where** you would like to go
- **When** you would like to go and appointment time if applicable
- Whether you need a one-way ride or if you need a return ride home and at what time that would be
- Any mobility restrictions/devices and if you require use of the wheelchair lift
- And if you will be accompanied by a companion

Please Note: If you are having a procedure that requires sedation or dilation of eyes, etc. where the doctor wants someone to drive you home, and/or stay with you for any period of time, please make sure you have a friend or family member escort you. The van driver is not allowed to leave their vehicle to pick you up at the doctor's office. COA and Road Runner transportation services are "curb to curb". Companions may accompany you for free.




February 2018 Lunch Menu-Served daily at the Senior Center

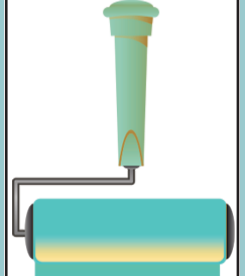
Provided by Elder Services of the Merrimack Valley

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Baked Haddock Lemon Pepper Sauce Broccoli/Vegetable Rice Mixed Fruit Oatmeal Bread	2 Beef Stew w/Vegetables Steamed Potatoes WW Dinner Roll Mandarin Oranges
5 Macaroni & Cheese Crumb Topping (side) Peas Oat Bread Pineapple	6 Diced Pork with Apples Sweet Potatoes Brussels Sprouts Peaches WW Bread	7 Chicken Noodle Soup Cheeseburger w/Bun Roasted Potatoes Capri Blend Lorna Doones	8 Crustless Chicken Pot Pie (carrots, corn, peas) Mashed Potatoes Green Bean, Biscuit Applesauce	9 Vegetable Frittata Roasted Potatoes Baked Apple, Yogurt Juice (no milk) WW Dinner Roll
12 Chicken Fricassee White Rice Butternut Squash Mixed Fruit Multigrain Bread	13 Vegetable Soup Sausage, Peppers & Onions Roasted Potatoes, Corn WW Dinner Roll Fresh Fruit	14 Valentine's Day (NO SOUP)  Eggplant Parmesan w/ Pasta Summer Squash Blend Italian Bread Choc Mousse/Diet Pudding	15 Birthday Special Meatloaf w/Gravy Mashed Potatoes, Carrots & Parsnip, Oat Bread Bday Cake/Angel Food Cake	16 Chinese New Year Asian Fish Lo Mein Noodles, Asian Veggies Mandarin Orang, Dinner Roll Fortune Cookie
19 President's Day No Meals Served	20 Meatballs & Pasta w/Marinara Sauce Creamed Spinach Dinner Roll Peaches	21 Corn Chowder Potato Breaded Fish Mixed Veggies Lemon Rice Yogurt, Oat Bread Tartar Sauce	22 Turkey w/Gravy Mashed Potatoes Green Beans Cranberry Sauce WW Dinner Roll Pears	23 Lentil Stew Cornbread Brown Rice Pilaf Green Salad w/Dressing Fresh Fruit (Orange)
26 LS Hot Dog w/Bun Pork Baked Beans Potato Chips Mandarin Oranges Ketchup, Mustard, Relish	27 Beef Burgundy Mashed Potatoes Broccoli Italian Bread Chef's Dessert	28 Tortellini Soup Herb Roasted Chicken Cranberry Sauce Roasted Potatoes, Beets WW Dinner Roll Fruit Loaf/Lorna Doones	Lunch available daily @ 11:30am. Sign-up at least two days in advance. \$2.00 voluntary donation requested per meal.	

February 2018 Schedule of Monthly Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10AM Parkinson's Support Group	2	3
4	5 2-6PM Upscale Intake Night	6 10AM Caregivers Support Group	7	8 9AM Men's Group	9	10 8AM-2PM Power of Flowers Tea
11	12	13	14  10AM Bereavement Support Group	15 8:30AM Foot Care Clinic	16 7PM - 10PM Silvertones Dance	17
18 NO SOUP/SALAD BAR THIS WEEK DUE TO THE HOLIDAY	19 HAPPY PRESIDENTS DAY SENIOR CENTER CLOSED	20 10AM MS Support Group	21 12:30PM COA Board Meeting 6PM Red Hat Event	22 9AM Men's Group 11:30AM Traveling Chef Luncheon	23 7PM Friends Valentines Dance	24
25	26 10AM Sen L'Italien Office Hours 11:30AM DJ Jon	27 10AM Rep Miceli Office Hours 10AM Brown Bag Distribution	28			

**SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY**



GUESS HOW MANY?

Valentine's Day is celebrated in February but did you know it is also heart health month? Try counting the number of hearts sprinkled throughout this month's newsletter. Can you find them all? Guess the correct number and you will be entered to win a prize! Drop entries in the jar at the help desk by February 20th. Good Luck!

Winner for January is

Mary DiBella

Well done!

See Diane for your prize

Thanks for playing!!

	1			2	3		8	6
	4				7		3	5
	5				6	1	7	
4	9							
							2	
				6	9	1		
9	2							
				8			5	3

Sudoku

The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

FEBRUARY WORD SEARCH

H	Y	A	D	S	T	N	E	D	I	S	E	R	P	S
E	P	U	N	X	S	U	T	A	W	N	E	Y	D	E
A	U	C	D	I	P	U	C	K	M	S	O	R	S	S
P	N	E	E	N	I	M	E	B	I	E	A	O	W	S
S	X	N	U	Y	H	E	R	O	S	C	E	Y	E	I
E	V	N	I	D	S	H	A	D	S	N	R	X	E	K
G	R	O	U	N	D	H	O	G	D	A	Y	A	T	C
R	C	T	L	A	N	E	U	X	U	M	O	T	H	W
N	H	G	Y	C	E	H	W	R	O	O	S	X	E	O
L	E	N	T	I	P	O	B	R	E	R	O	S	A	D
O	R	I	L	S	R	E	D	A	S	E	S	O	R	A
C	U	H	O	D	F	O	U	R	T	E	E	N	T	H
N	B	S	V	A	L	E	N	T	I	N	E	O	R	S
I	W	A	E	U	C	H	O	C	O	L	A	T	E	S
L	I	W	S	T	E	E	W	S	S	T	R	A	E	H

BE MINE

CANDY

CARDS

CHERUB

CHOCOLATES

CUPID

FEBRUARY

FOURTEENTH

FRIENDSHIP

GROUND HOG DAY

HEARTS

HUGS

KISSES

LINCOLN

LOVE

PRESIDENTS DAY

PUNXSUTAWNEY

RED

ROMANCE

ROSES

SHADOW

SWEETHEART

SWEETS

VALENTINE

WASHINGTON

Answers to last month's Sudoku

1	2	7	6	9	5	3	4	8
8	6	3	4	1	7	2	5	9
4	9	5	8	2	3	1	6	7
2	4	6	1	3	9	7	8	5
7	8	1	2	5	4	9	3	6
3	5	9	7	6	8	4	1	2
5	1	4	9	8	2	6	7	3
6	3	2	5	7	1	8	9	4
9	7	8	3	4	6	5	2	1

Sudoku puzzles; www.puzzles.ca/sudoku.html**Prizes for Our Readers**

Find a mistake in this newsletter and you could win a prize! Enter your name and the mistake you found into the container at the help desk by February 20th.

January winner is Judy Coleman

Congrats!

Thanks for playing.

See Diane in the office
for your prize.

Red Hat News, Submitted by Diane Joy

Happy Valentine's Day to all!

UPCOMING EVENTS:**Wed, February 21 6:00pm Sr. Center \$30.00**

ANNIVERSARY DINNER: This is our 15th Anniversary Dinner. The event will once again be catered by The Village Inn. The menu will be beef sirloin with gravy, sweet & sour chicken, mashed potatoes, butternut squash, salad, rolls, coffee, tea, and lemon meringue pie for dessert, all served family style.

ENTERTAINMENT: "4 Men in Tuxes"

TICKETS: Tickets need to be purchased in advance.

TICKET DEADLINE: February 15th (We have to give a headcount to The Village Inn.) Please purchase your tickets before the deadline! We will need 40 people to attend this event.

March 12, Shawsheen Tech Lunch, 1:00 PM

Pay on your own.

Tickets are needed for this event for attendance purposes. However, you will pay at Shawsheen Tech.

SEATING IS LIMITED!

Ticket DEADLINE: March 7th (The tickets are to keep track of how many are going.)

Transportation on your own. There will be a sign-up sheet for carpooling. The sheet will be available when you get your ticket.

MARK YOUR CALENDAR:**April 18, Paint Night, 6:00pm, Cost: TBD**

More information to follow.

May 21, Southwick Zoo, Time: TBD Cost: TBD

Please bring your own picnic lunch! Water and snacks (only) will be provided.

This is going to be a WALKING event. Please wear your comfortable shoes and bring your walkers, if needed. Don't forget your cameras!

Memorial Day Parade: **5/25/18** – decorate float
5/28/18 – Parade

We need volunteers to help decorate the float!! Please sign up (when the time gets closer) to help. It is appreciated!

June 20, Gloucester Schooner Trip

Time: TBD Cost: TBD

Take a sail on a Schooner and let's show them our Red Hat spirit! (More info to follow).

Friends of the Elderly, Inc., Submitted by Linda Brabant

A Friends of the Elderly Activities Meeting will be held on Friday, February 2nd at 10:00 AM. All are welcome and encouraged to attend. We are in need of volunteers and their ideas as we plan for the up-coming year. Hope to see you there!

The Friends Valentine Dance will be held on Friday, February 23rd from 7:00 to 10:30 PM. We will be dancing to the music of the D. B. Orchestra. Admission is \$12 and tickets may be purchased prior to the event or at the door. At this dance we will be honoring all those Tewksbury Couples who have been married 50 or more years and have never been a guest in the past. If you are one of these special couple or know of such a couple, please contact Kay Maher at the Senior Center or Linda Brabant at 978-851-4243. We would love to have you as our guest for the evening.

The Friends St. Patrick's Dinner Dance will be held on Friday, March 9th. A corned beef dinner will be served at 6:00 PM followed by dancing to the sounds of the D. B. Orchestra. Tickets are \$15 per person and must be purchased prior to the event.

The first Friends Casino day trip of the year will be held on Wednesday, March 14th. The price will remain at \$35/ person. The trip includes motor coach transportation, a casino package and the driver gratuity. Tickets will be available on Monday, February 5th. A casino trip schedule for 2018 is now available at the Senior Center.

A Friends Giant Yard Sale will be held at the Senior Center on Saturday, March 23rd from 9:00 AM to 2:00 PM. Table space is available to the public at \$20/table or \$35 for two tables. One may reserve a table at the Senior Center. This event usually features 30+ Treasure Tables, a Yummy Bake Sale Table and Luncheon Specials. The COA Upscale Consignment Shoppe will also be open. For additional information one may call Linda Brabant at the above number.

A HAPPY VALENTINE'S DAY TO ALL!
HAVE A SAFE WINTER & GOD BLESS AMERICA

SOUP & SALAD BAR - Tues & Wed - 11:30am - 12:30pm**SALAD BAR - VOLUNTEERS NEEDED**

Thank you to all of the wonderful volunteers who make the Salad Bar happen every week. There are volunteer opportunities on Mondays, Tuesdays and Wednesdays. If you would like to volunteer to help, please call or see Jan in the office.



Douglas W. Sears Esq.
**Counselor &
 Attorney-at-Law**
How Can I Help You?
 Home Visits by Request
978-376-7390

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